

June is Fresh Fruit and Vegetable Month!

June is the month that a lot of fresh produce comes into season and when farmers begin harvesting their crops. Throughout the growing season, grocery stores and roadside stands often have an abundance of produce and will have specials to sell down their supply before it spoils. Use this as an opportunity to stock up on these nutrient dense, healthy foods!

What to do with all of these fresh fruits and veggies? First, don't forget them in the refrigerator drawers. Eat them!



Wash and place fruit in a fruit bowl on the counter. You're more likely to grab a piece of fruit to snack on if it's in sight and ready to eat.



Chop those fruits and vegetables you'll want to eat within the next 3 days, put them in storage containers and place them at eye-level on a shelf in the refrigerator. It's much easier to assemble a salad or take fresh fruit to work if everything is chopped and ready to go.

Did you buy too many fresh fruits and veggies and have too little time to eat them?



Use your extra veggies to make a large salad, soup, stew or pasta sauce. The soups, stews and sauces can be frozen for a night you're too busy to cook.



Freeze them. The sooner produce is frozen, the better. This may take a little planning and preparation but there are many resources for freezing produce online.



[General Tips](#)



[By Fruit or Vegetable](#)



Also, browning bananas can always be frozen and turned into banana bread later!

Look for locally grown North Carolina produce this month. Some things in season during June are: beets, broccoli, cabbage, carrots, cucumber, fennel, kale, lettuce, onions, summer squash, green beans, Swiss chard, turnips and zucchini.

Also, check out this [North Carolina produce calendar](#) and [farmers' market locator](#) to see what is available nearby!